



# FREE



## Programs with Your Membership

**Making Improvements for our Members During Annual Maintenance Closings**

**Pool** is closed Sun. 8/29 .....opens Tues. 9/7  
**Gym** is closed Mon. 8/30 .....opens Tues. 9/7  
**Primetime** is closed Wed. 9/1 .....opens Tues. 9/7  
**Fitness Ctr.** is closed Wed. 9/1 .....opens Sat. 9/4

### **AQUATICS**

**Swim Lessons** Fall Session: Sept. 7 - Oct. 23 **FREE**  
On Deck Reg: August 16 - 21  
Drop Off Reg: August 23 & 24

**Water Fitness Classes** **FREE** Check schedule for days & times

### **FAMILY**

**Family Fun Night**

Saturday, August 7 6 - 8 pm **Tropical** **FREE**

**Movie Night** Friday, August 20 8:00 pm **FREE**

**Percy Jackson & the Lightening Thief** Rated PG  
Registration required. Bring your blankets & chairs, snacks & drinks available for purchase. (Rain date 8/27)

**Summer Fun in Prime Time** Ages 5-7 Mon-Fri 10:30 - 12:30  
Special craft time. **FREE**

**Book Club** ages 18+ 2nd Wed., Aug. 11 at 10:00am **FREE**  
*Sullivan's Island: A Lowcountry Tale* by Dorothea Benton Frank

**Parent/Child Gym** Fall Session: Sept. 7 - Oct. 23 **FREE**

On Deck Reg: August 16 - 21  
Drop Off Reg: August 23 & 24

### **Teen/Tween**

**CHILL ZONE** Ages 8-14 6:15 - 8:00pm

**Mondays, Tuesdays, Wednesdays & Thursdays**  
A great place to hang out with friends and play Wii, board games, and more! **FREE**

**8 Is Great** ages 8+ August 10 6 - 7 pm **FREE**  
Learn all about the YMCA and tour the areas you can enjoy now that you're 8. **FREE** Must Register

**Teen Book Club** Meet every Tuesday **FREE**  
Ages 8-11.....5:00-5:45pm Ages 12-15 .....5:45-6:30pm

### **SPORTS**

**Teen and Tween Racquetball** Ages 8 - 17  
Wednesdays 4:00 - 5:00pm Learn fundamentals and game strategies, taught by Jim Winterton. Members: **FREE**  
**Session:** June 28 - Aug. 16 **Registration:** is ongoing

**Tween/Teen Basketball** Co-ed ages 8 - 17 Mondays & Fridays  
**Session:** May 3 - Aug. 30 **Registration:** is ongoing.  
Members: **FREE** (1st time participants must buy jersey - \$25)

**Competitive Teen/Tween Basketball** Ages 8-16 Mon. & Fridays  
**Fall Session:** Sept. 8 - Nov. 3 **Registration:** August 4 - Sept. 1  
Members: **FREE** (1st time participants must buy jersey - \$25)

**Member Basketball** Fall Session: Sept. 23 - Dec. 16 Reg: 9/2 - 20 **FREE**

**Racquetball League** Fall Session: Oct. 4 - Dec. 20 Reg: 9/6 - 26 **FREE**

### **FITNESS**

- **Total Health** A supportive group environment with you and our trained YMCA staff to help guide & support your personal goals. **FREE**
- **Fitness Assessments** See Member Services for forms **FREE**
- **Group Exercise Classes** Check for dates & times **FREE**
- **Cycle Classes** Check for dates & times **FREE**
- **Orientations** Check for dates & times **FREE**
- **Blood Pressure Screening** Check for dates & times **FREE**
- **Triathlon Nutrition Seminars** Check for dates & times **FREE**
- **Triathlon Trainings** Check for dates & times **FREE**

**100 Days of Summer** Keep active this summer and win prizes!  
June 1 - Sept. 8 Grand Prize - One Year YMCA Membership

**Stroller Fit** Mon/Wed 9:30 - 10:30 am at Onondaga Lake Parkway (Meet at Salt Museum) **FREE** to Members

**Mommy & Me I** Tuesdays 10:15 - 11:00 am Infant - 11 months  
Get into shape w/out taking time away from your infant. **FREE**

**Mommy & Me II** Fridays 1:00 - 2:00 pm 1 - 2 yrs. (Starts in Sept.)  
Get into shape w/out taking time away from your infant. **FREE**

**Mini Me In Motion- OUTDOORS** Weather Permitting 9 - 9:30 am  
Mondays & Wednesdays, Ages 3 & 4 Sign in at Prime Time **FREE**

**Yoga for Athletes** Runners looking to improve flexibility?  
Thursdays 5:30 pm

**Iron Girl Post Race Celebration** August 10, 7:00 pm at Meghan MacMurphy's. Must register by 8/6. All YMCA Members that participated in the Iron Girl are welcome. **FREE**

# Additional Fun Programs

## FAMILY

**Explorations & Creations** Tuesdays July 6 - August 24  
Ages 3-5.....10:30 - 11:30 am Ages 6-10.....11:45 - 12:45 pm  
Member: \$5/class Non-Member: \$10/class

**Prime Time Plus** Ages 6 weeks - 7 years \$10 per child.  
Mondays or Thursdays 9am - 12 pm or 4:30 - 7:30 pm  
Parents are permitted to leave the building during this program.  
Registration required with 2 days notice.

**Parents Night Out Beach Fun** Saturday, Aug. 14 5 - 9 pm  
Ages 2-6: Movie, Gym Time, Crafts Ages 7-11: Chill Zone,  
Pool Time, Gym Time Mem: \$12/child (\$9/ 2nd child)  
Non-Mem: \$18/child (\$12/ 2nd child) Reg. ends 8/12  
*\*\*May go outside in the sand.*

**First Mate Pirate Academy** August 18 & 19 Ages 3 - 5  
9 - 10:30 am Members: \$15/child Non-Members: \$25/child  
Reg. ends 8/16

**Parent/Child Gym** Fall Session: Sept. 7 - Oct. 23  
On Deck Reg: August 16 - 21 Youth Member: \$40  
Drop Off Reg: August 23 & 24 Non-Member: \$70  
Non-Member Reg: starts 8/26

**All-American Girls** August 11 & 12 9:00 - 10:30 am  
Ages 6 - 10 Addy Walker... Make spool puppets, button pillow,  
button cookies and splatter paint note cards. Member: \$15/  
session Non-Member: \$25/session

**Mother & Son Field Days** August 21 3:00 - 5:00 pm  
Ages 3 - 12 Pie eating contest, explosive activities, races, food,  
drinks & more. Member: \$10/couple Non-Member: \$15/couple



[www.CNYBounty.com](http://www.CNYBounty.com)

Pick up Thursdays 11-1 or 5-7  
(order Friday - Noon Mondays).

### YMCA of Greater Syracuse Folksmarch SCHEDULE 2010

August 14 & 15 .....Lemoyne College  
September 11 & 12.....Village of Manlius

## ADULT

**Community Connections** Adults Welcome. Aug. 14 5-9 pm  
at Meghan MacMurphy's Rest. - Liverpool. Pre-registration  
required - \$15 per adult includes dinner. Meet other Y members.  
RSVP w/ Barb Moul at bmoul@syracuseymca.org or 474-6851 x  
339.

**Health & Safety Classes** CPR (for the Professional ).....\$35  
August 14 9:00 - 12:00  
Must sign up with Member Services at North Area Family YMCA

## EDUCATION

**Tutoring** Elementary, Middle School, High School Designed to  
include assistance with homework, preparations for exams  
(including SAT & ACT). Academics Tutoring: 4 Sessions-\$120  
SAT/ACT : 4 Sessions - \$140 One hour sessions.

## Teen/Tween

**Babysitting Course** Sat., August 14 9:00 am - 2:00 pm.  
Ages 11-15 Member: \$15 Non-Member: \$25 Reg. by 8/12

**Staying Home Alone** Sat., Aug. 21...9 am - 1 pm Ages 8 - 12  
Member: \$10 Non-Member: \$15 Reg. ends 8/19

**Seabreeze Amusement Park Trip** Wed., Aug. 25 Ages 12 - 16  
9:30 am - 7:30 pm Mem: \$40 Non-Mem: \$45 Reg. by 8/23

## SPORTS

**3's Beach Volleyball Tournament - Adults** Sat., August 14  
Reg. & payment by Aug. 12 Games start @ 9am - Round Robin  
Team Fee: \$45 (includes fruit, lunch & drink)

**Intermediate Beach Volleyball Tournament -Adults** Sat., Aug. 28  
Reg. & payment by Aug. 26 Games start @ 9am - Round Robin  
Team Fee: \$60 (includes fruit, lunch & drink) 4 Person Co-Ed

**Youth Floor Hockey** Saturdays Ages 3-12  
Session: Sept. 11 - Oct. 30 Registration: July 5 - Aug. 30  
Family Member: \$30 Youth Members: \$73 Non-Member: \$93

**Youth Flag Football & Cheerleading** Ages 4 - 12 Mon., Tues.,  
Wed. evenings Session: Aug. 30 - Oct. 25 Reg: July 5 - Aug. 16  
Family Member: \$30 Youth Members: \$73 Non-Member: \$93

**Sports of all Sorts** for Home school Students Mon. 11:30 - 2:30  
Ages 5-7, 8-12, 13-16 Sess: Sept. 6 - Nov. 8 Reg: Aug. 2 - 30  
Family Member: \$30 Youth Members: \$73 Non-Member: \$93

## Volunteer

Orientation: August 11 7 - 8 pm and August 24 10 - 11 am

## Y ARTS

**YMCA Music Lessons** Offered at all YMCA of Greater Syracuse  
branches! Guitar, piano, voice, violin, saxophone, clarinet, and  
flute (choice may vary by location). 30-min. lesson  
Member: \$16 Non-Members: \$18

## SUMMER CAMPS



Filling up Fast

**Camp X-Modh** North Area Family YMCA June 28-August 27  
Completed Grades K-6 Member: \$146/wk Non-Mem: \$166/wk

**Summer Fun Club** Roxboro Road Elementary June 28-August 27  
Ages 5-12 years Member: \$120/wk Non-Mem: \$140/wk

**Summer Odyssey** Baldwinsville YMCA June 28-August 27  
Ages 4-12 years old Member: \$146/wk Non-Mem: \$166/wk

## SCHOOL AGE

**Before & After School Child Care** for children attending North  
Syracuse & Central Square schools. Now registering for 2010-2011  
school year. See Member Services for more info.